

**HACKETTSTOWN REGIONAL MEDICAL CENTER
CARDIOPULMONARY
INCENTIVE SPIROMETRY**

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SCOPE

All members of the Cardiopulmonary Department

PURPOSE

To use in the prevention of atelectasis and mobilization of secretions.

PROCEUDRE

- The respiratory therapist will do the **initial** teaching of the incentive spirometer device. Nursing will encourage the patient to use the device in accordance with the physician's orders.
- Obtain an order from physician.
- Explain procedure and use of device to the patient. If patient is unable to perform incentive spirometry, teach and encourage patient to perform deep breathing.
- Obtain predicted value for patient and set indicator to that value.
- Instruct patient to make a tight seal on the mouthpiece and take a SLOW DEEP INHALATION, trying to move volume indicator to acceptable range.
- Have patient rest and then repeat approximately 8-10 times, resting in between each.
- After the set of 8-10 breaths, instruct patient to cough.
- Try to encourage patient to exceed previous level achieved.
- Where the physician orders an hourly protocol (ex. Q1, Q2), nursing will follow the patients progress.
- The patient is also encouraged to use the incentive spirometer on their own in accordance with the physician's order.
- The patient may take the incentive spirometer home at the end of their stay.